

## RAPID-THROW DRILL

### PURPOSE

To develop quickness and proper catching and throwing techniques

### EQUIPMENT

One baseball for each pair of players, gloves

### TIME

2 to 5 minutes

### PROCEDURE

1. Divide the team into pairs. Kids in each pair should be of similar age and skill level.
2. Each pair stands 25 to 30 feet apart, facing each other.
3. For safety purposes, make sure there is at least seven feet between each pair.
4. On the "go" command, partners throw a ball back and forth as fast as they can while keeping their throws under control.
5. After 10, 15, or 20 seconds, the coach yells, "Stop."
6. The players keep track of the number of successful catches they make within the allotted time.
7. Award 10 points for 10 successful catches.
8. After each round, players can move back two or three steps.
9. This game can be played up to any number of points.

### KEY POINTS

1. This drill teaches young players how to get the ball out of the glove quickly before throwing. However, you should reinforce the idea that rushing the throw often results in errors and misplays. Players drop balls during this drill if they try to take the ball out of their glove before they have a proper grip.

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2. Also emphasize that players must have control of the ball before throwing.
3. The person catching the ball should present a chest-high target for his partner.

